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Leveraging Pennsylvania Telephonic Psychiatric Consultation Service Program (TiPS) to Improve Regional Access to Psychiatric and Substance Use Care

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Who are you?

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Why are you at this conference?

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Objectives:

-Describe how a child psychiatry access program and a perinatal psychiatry access program improve access to specialized psychiatric and substance use disorder care.

-Outline the benefits of the Perinatal TiPS doula pathway for perinatal individuals and the SMART Choices program for adolescents.

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OVERVIEW

Children's and Perinatal TiPS Overview

Smart Choices

Doula Pathway

Q&A

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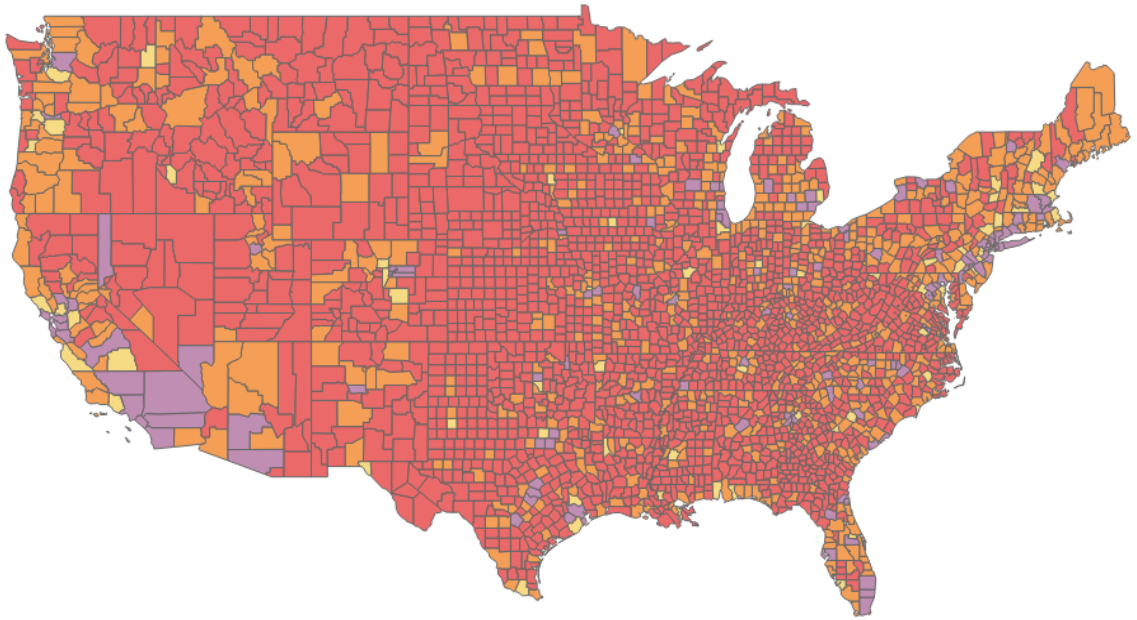
UPMC Children's and Perinatal TiPS Overview

Child Psychiatry

Number of Children < 18	Total CAPs
73,764,243	11,422

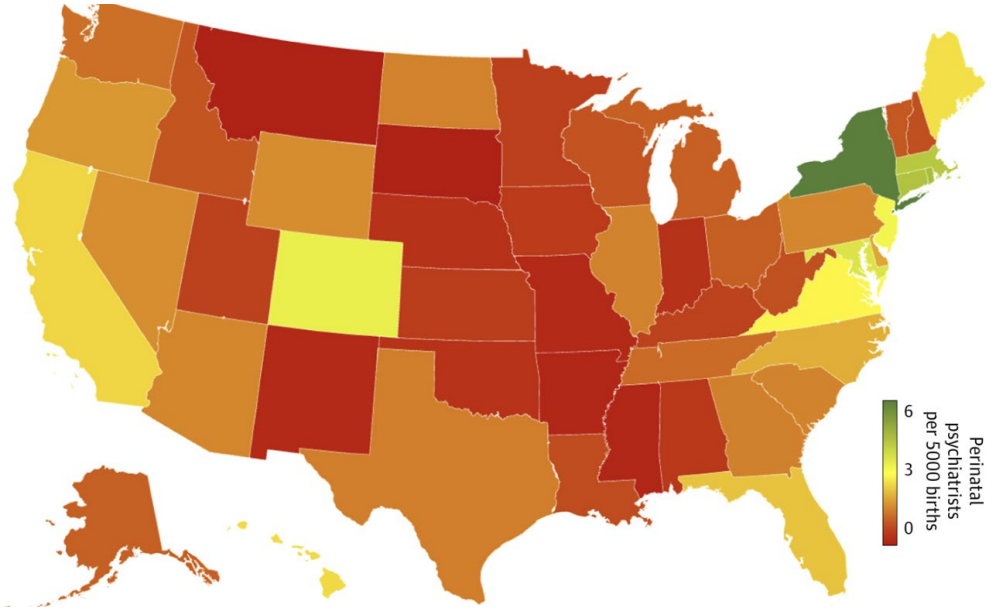
State	County Map	Show HPSA Indicators?
All	20+ CAPs | 11-20 CAPs | 1-10 CAPs | No CAPs	No



Workforce Maps by State (AACAP Website)

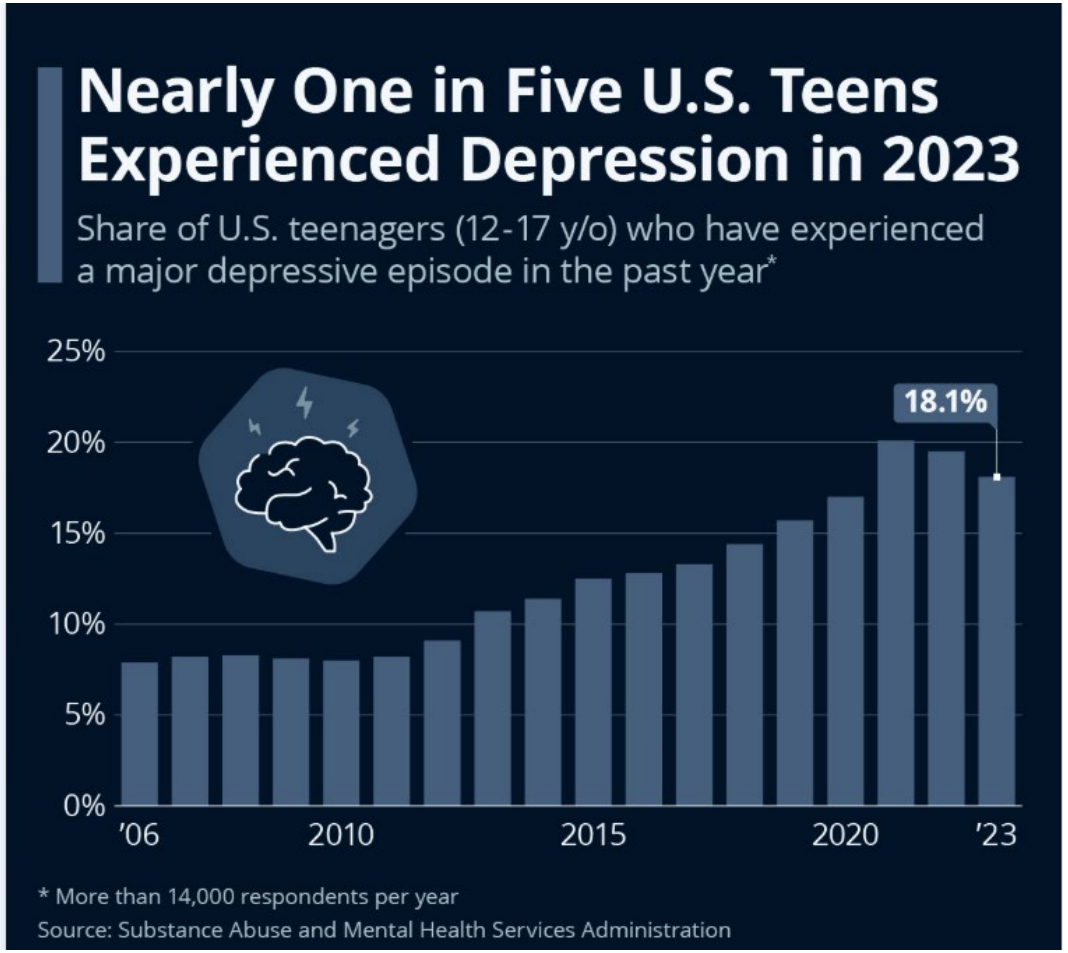
Perinatal Psychiatry

Heatmap of Perinatal Psychiatrist Density in the US
Koire, A., Suleiman, M., Teslyar, P., & Liu, C. H. (2024). Prevalence of community perinatal psychiatrists in the US. *JAMA Network Open*, *7*(8), e2426465-e2426465.

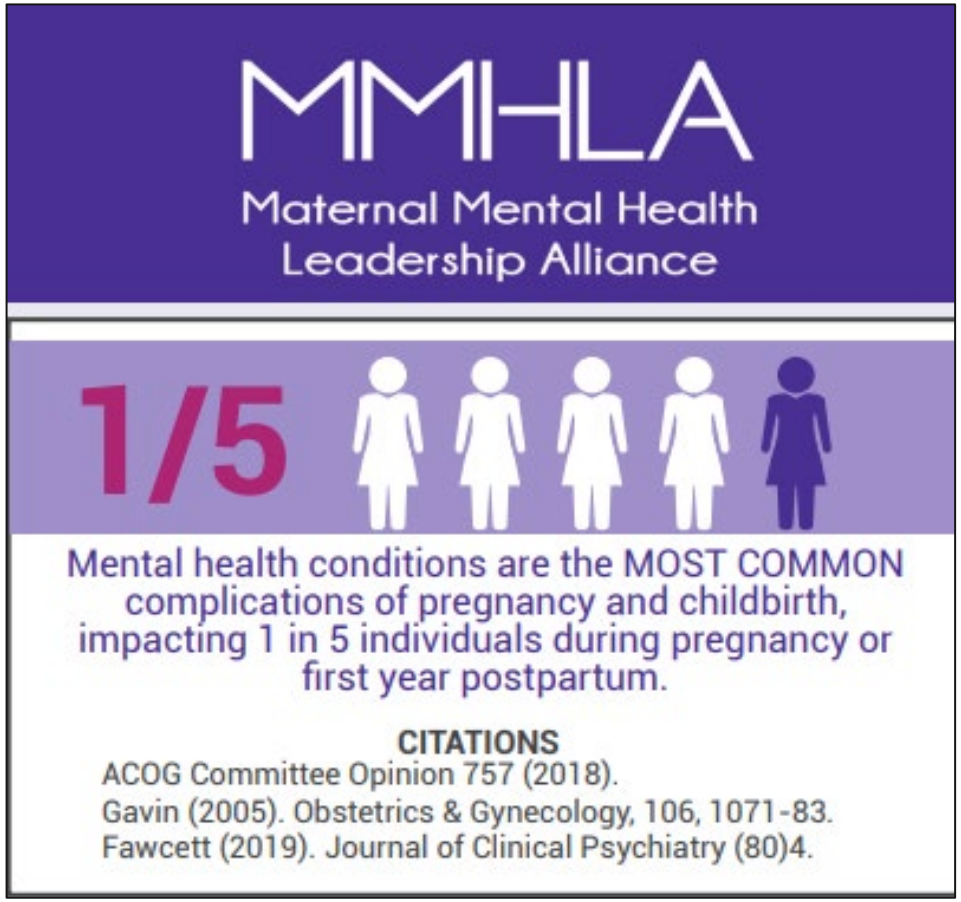


UPMC LIFE CHANGING MEDICINE

Child Psychiatry



Perinatal Psychiatry



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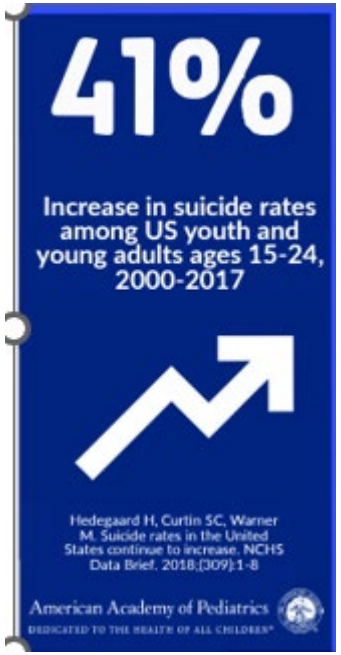
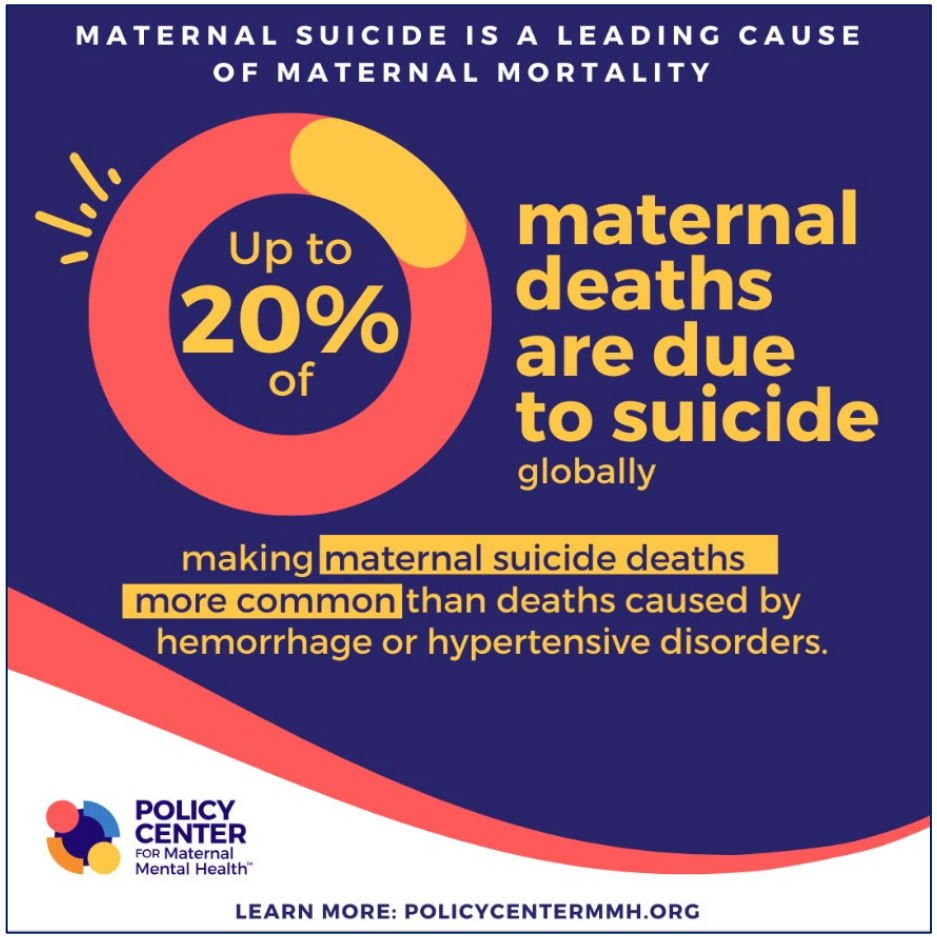
Child Psychiatry



Perinatal Psychiatry



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Concerning Trends for Pennsylvania

40%
increase in severe maternal morbidity over five years

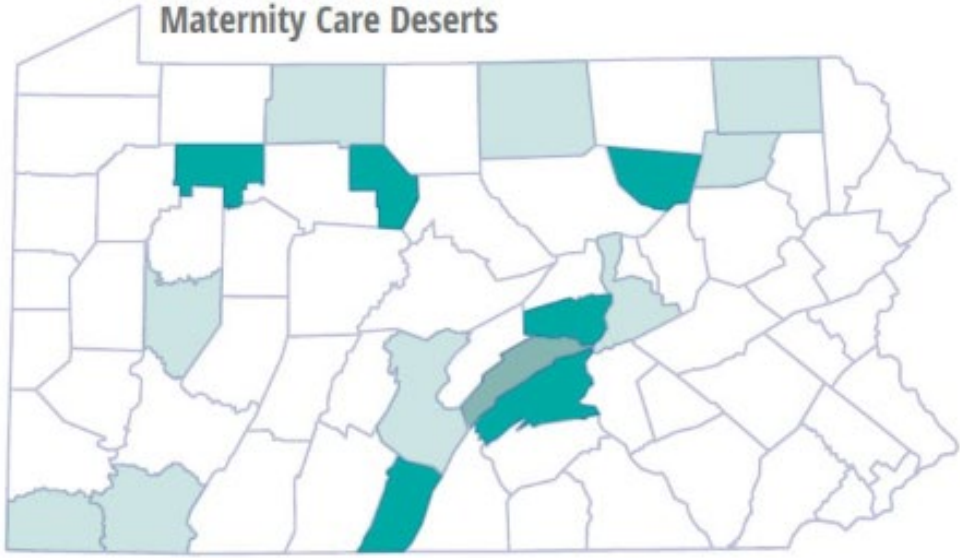
2.3x
severe maternal morbidity rate for Black patients versus white patients

38
hospitals closed labor and delivery units since 2005

18
rural hospitals closed labor and delivery units since 2005

47.6%
of women in rural counties live more than 30 minutes from a birthing hospital

Maternity Care Deserts



Source: March of Dimes

16
counties with reduced access

47.6%
of women in rural counties live more than 30 minutes from a birthing hospital

3.1x
longer distance to care for women living in maternity care deserts

180+
babies delivered annually by EMS

Average distance to maternal care:

9.4 miles
Urban areas

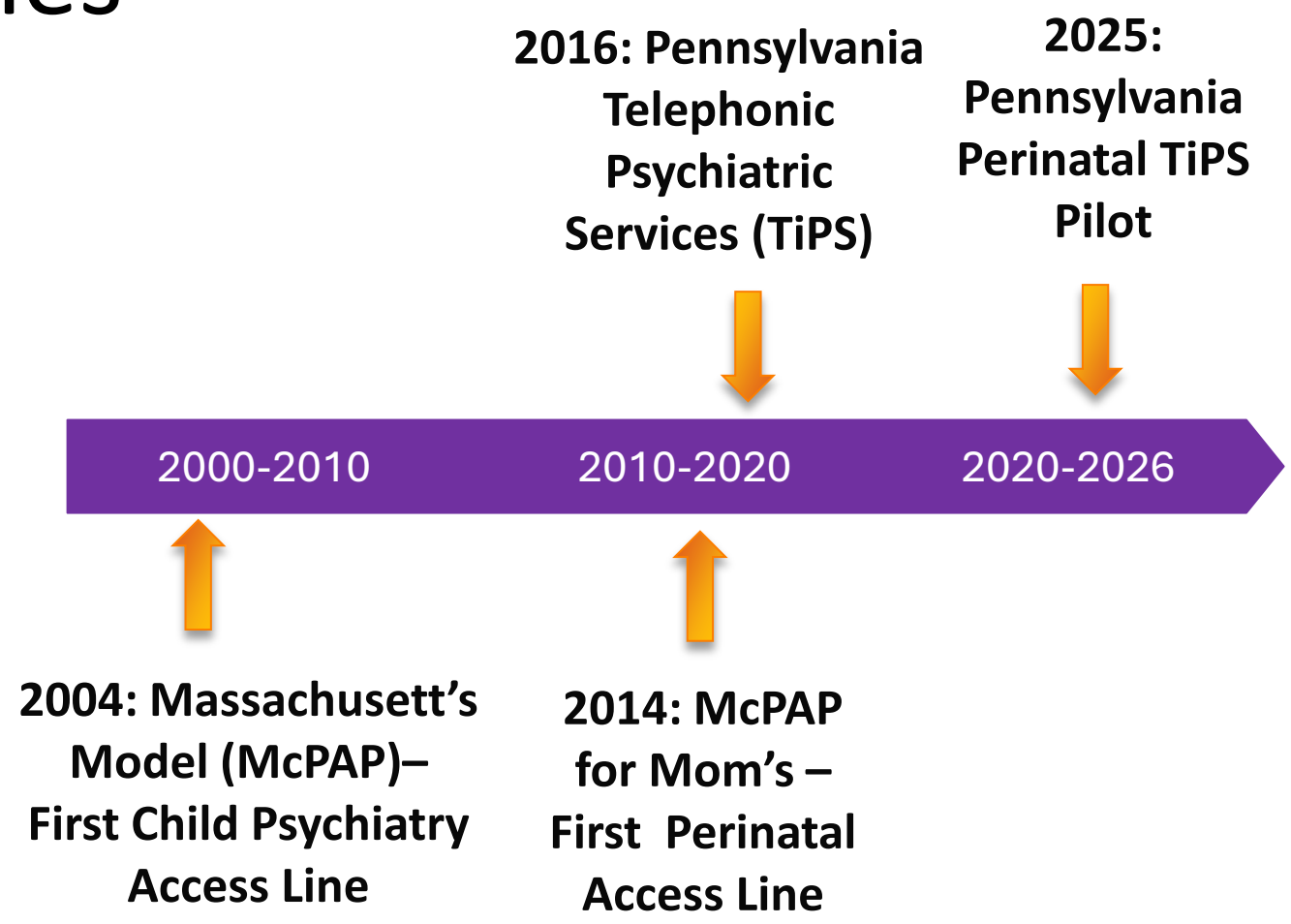
23.5 miles
Rural areas

27.8 miles
Maternity care deserts

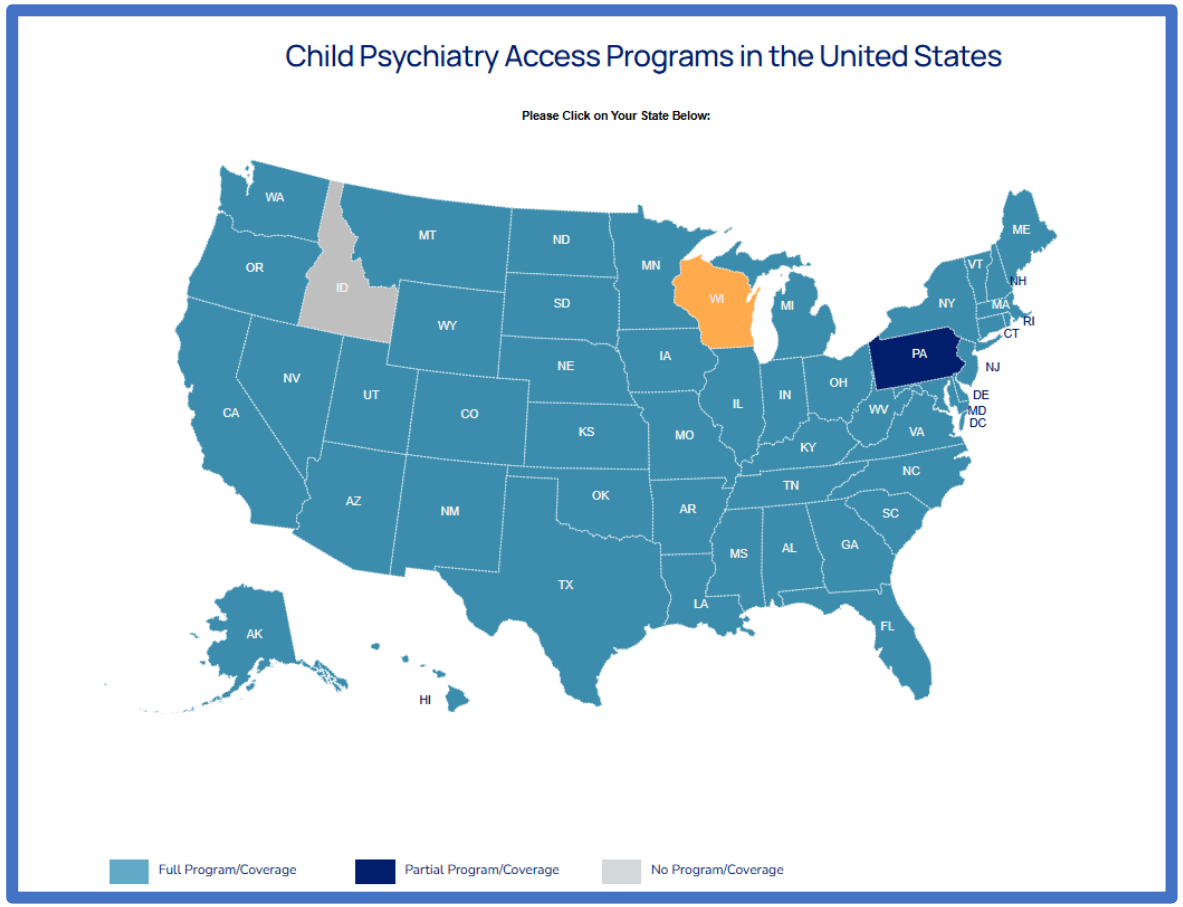
Maternal Health - HAPonline

Psychiatry Access Lines

- Improve access to MH care
- Reduce health inequities
- Improve prescribing practices
- Build provider comfort and confidence in:
  - Medications
  - Nonmedication interventions
- Show high provider and patient/family satisfaction



Child Psychiatry



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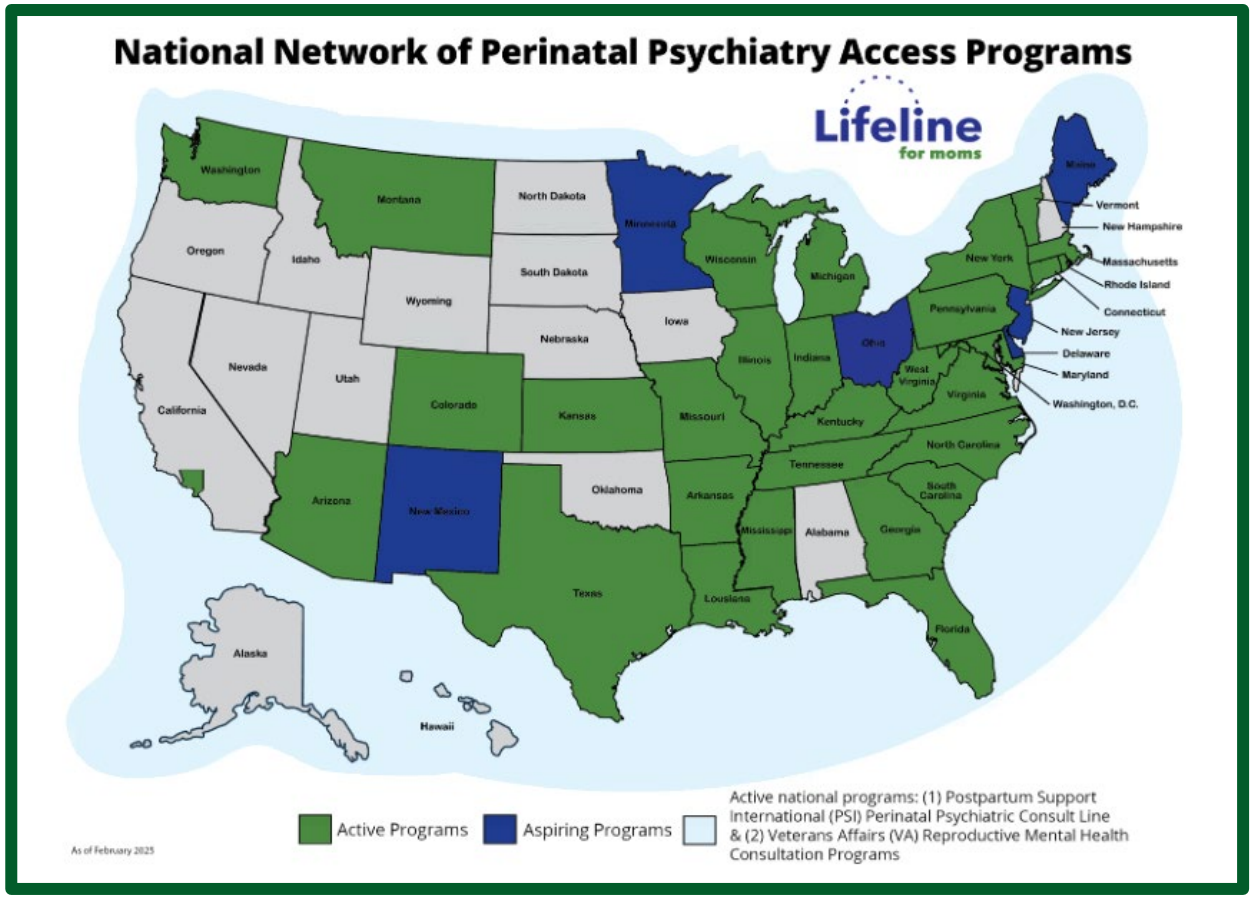


https://www.umassmed.edu/lifeline4moms/Access-Programs/

UPMC LIFE CHANGING MEDICINE

UPMC Children's and Perinatal Tips

For providers

- Psychiatric Consultation phone line
- Training and education

For patients

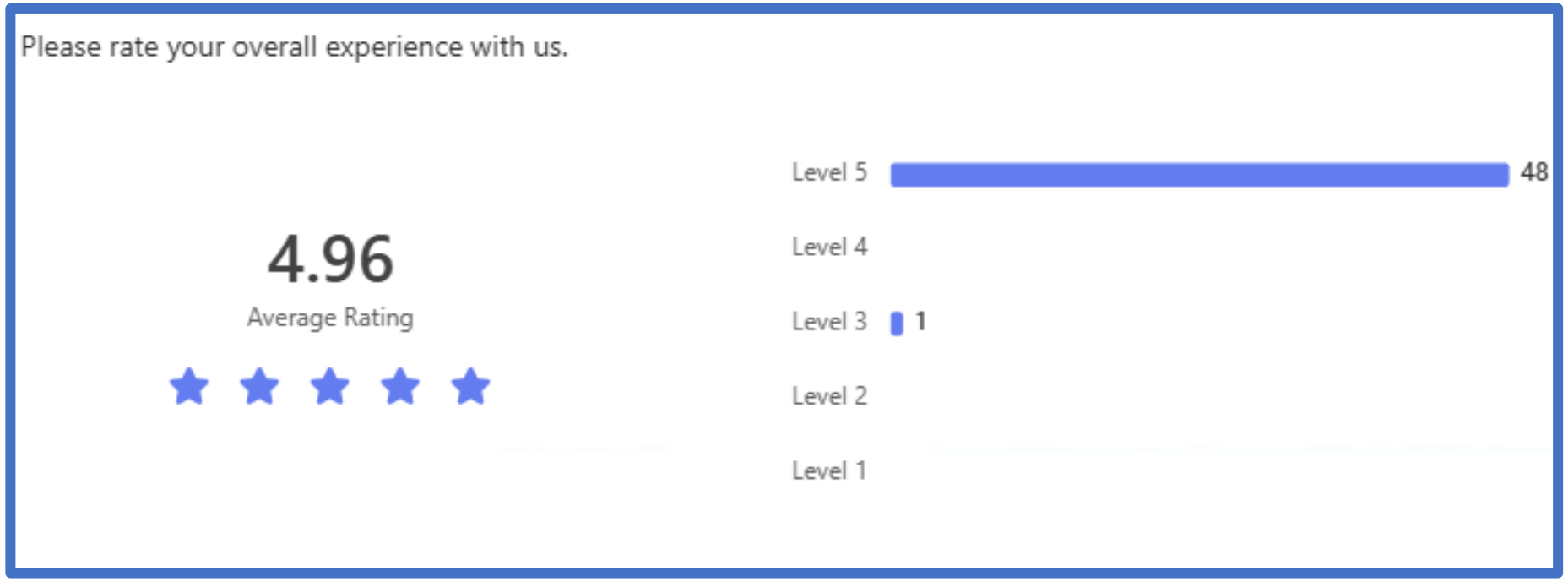
- Care Coordination
- Virtual Face to Face Evaluations

UPMC Perinatal and Children's TiPS are NOT:

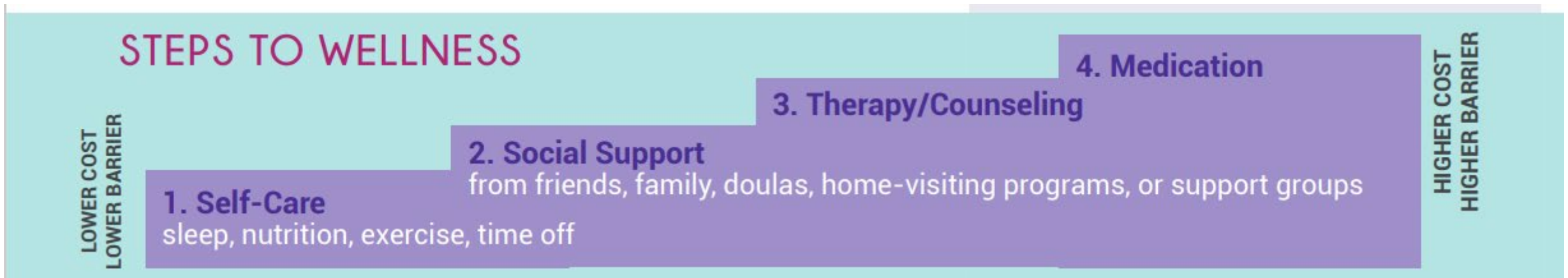
- A crisis line or an emergency room
- A long-term treatment program or a program that takes over care of the patient
- A medication prescribing group
- A phone line that the patient calls directly for self-referral

UPMC Perinatal TiPS Telephone Consultation Satisfaction Survey

- Number Completed: **49 (21%)**



"This program is invaluable! it's so difficult to get patients in with psychiatry in a timely manner, but this fills such an important gap so that primary care providers can feel more comfortable putting plans into action in advance of establishing formally with psychiatry."



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Smart Choices

Adolescent Substance Use Training & Education

- Trained pediatric primary care & behavioral health providers in Screening, Brief Intervention, Referral to Treatment (SBIRT)
  - CCP screens all adolescents for substance use at well visits (~5,000 per month)
  - Providers give anticipatory guidance, brief intervention, and/or referral

- Identified a need for family support
  - Parents/caregivers want to help
  - Traditional treatment focuses on the patient
  - Invitation to Change approach (CRAFT, Motivational Interviewing, ACT)

SMART Choices

- Helps parents understand therapeutic needs related to the teen's substance use
- Could include
  - Parent Support
  - Adolescent Support
  - Care Coordination

WHEN TO USE IT:

- A teen has recently used drugs or alcohol
- Parents are concerned their teen may try drugs or alcohol in the future
- Parents are struggling to communicate with their teen in healthy ways

SMART Choices

Case Example:

- Adolescent male referred by his psychiatrist
- Juvenile probation involved after incident at school
- Marijuana, nicotine
    - Family worried about other excessive behaviors
- Supportive family
- Adopted, trauma history, grief
- ADHD, anxiety, learning differences

SMART Choices provided:

- Weekly parent support appointments
    - Invitation to change approach
    - Coaching & feedback
- Adolescent support appointments
    - Motivational interviewing
    - SMART Goals
- Care coordination
    - Referral to Blended Service Coordination (BSC)
    - Assistance with finding a new therapist
    - Communication with psychiatrist, therapist, BSC

SMART Choices

HOW TO REFER:

- Parents or Providers can call **1-844-WPA-TIPS** to request more information about SMART Choices.
- The phone line is open Monday-Friday from 9:00am-5:00pm

It's important to specify SMART Choices when calling TiPS

UPMC | CHILDREN'S COMMUNITY PEDIATRICS

Provider Training & Education

- Ongoing collaboration with CCP to educate and train on substance use related topics
- Invited to work with CCP leadership to collaborate on using MI to engage with vaccine hesitant parents
- Collaborated with women's health leadership team to provide introductory Motivational Interviewing training to their providers
  - Substance use (postpartum nicotine use & prenatal alcohol use)
  - Safe sleep
- Attended Doula Birth Circle meetings to provide motivational interviewing introductory training for doulas

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Doula Pathway

Question

I am familiar with the concept of doula care

A. Yes

B. No

C. Not Sure

What is a Doula?

A nonclinical trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible

Supports that a Doula May Provide

- Education and Emotional Support
- Affirmation and Advocacy
- Navigation

The research supports that doulas:

1

Correlate with positive delivery outcomes

- Reduced cesarean and premature deliveries

2

Improve breastfeeding success in low income women

- Quicker lactogenesis
- Continued breastfeeding after childbirth at 6 weeks

3

Reduce anxiety and stress

The research supports that patients who have a doula are:

1

More likely to attend child preparation classes (50% vs. 10%)

2

Less likely to use epidural/pain medication during delivery (72% vs. 83%)

3

More likely to utilize car seats at three weeks postpartum (97% versus 93%)

Formalizing a Doula Pathway: Education

We offered regularly scheduled session to discuss cases/topics relevant to mental health

- ☐How to access Perinatal TiPS
- ☐Recognizing perinatal mood and anxiety disorders
- ☐How to contact crisis services
- ☐Vicarious trauma
- ☐Motivational interviewing

Formalizing a Doula Pathway: Phone Line

We offer doulas the ability to call the access line

- ☐ Doula Consultations 7/1/25-5/13/26: 35

Perinatal TiPS

“I was able to speak with the office the first time I called, which is always nice. I was given a timeframe to expect a return call from the psychiatrist and she called during that time. Everyone was super helpful. It was so nice to have someone to reach out to and to be able to develop the best plan of action for my patient in need. I will definitely use these services again when needed!”

“Very timely response, meaningful and important discussion regarding the treatment of my patient that will hopefully improve outcomes in her mental health and pregnancy. “

"The person who fielded my initial call was professional and courteous. Dr. *** was able to answer all my questions. With a complete set of information in hand, I was able to review the risks and benefits of all treatment options with my patient. "

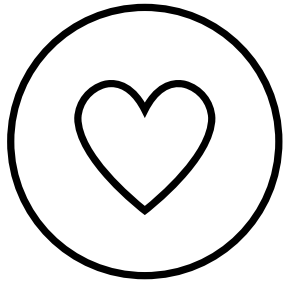
Pediatric TiPS

"Always a pleasure to work with Dr. ***. I learn so much. I feel comfortable with the plan every time, she makes sure of that."

"I love this program. It has helped us deliver better care to our patients."

"So helpful to have this service available"

"So impressed with how Dr. *** reviewed the chart. Thank you!!!!!"



Doula Pathway

“Hi, I hope you are well. I just wanted to reach out and say thank you from the bottom of my heart for all of the resources, assistance, and friendly conversation you provided me when I was at some of my lowest points. I'm not sure I would have found the help I needed without you. You're a true angel. I'm doing very well today and have been reflecting on everything I've been through over the past several months. I hope that I can help other people who have similar experiences. The work you do is so important. Thank you again and wishing you all the best.”

Smart Choices

“We appreciate everything you have been doing to help our son, and us. Thank you for everything. We are so glad we found you and this program.”

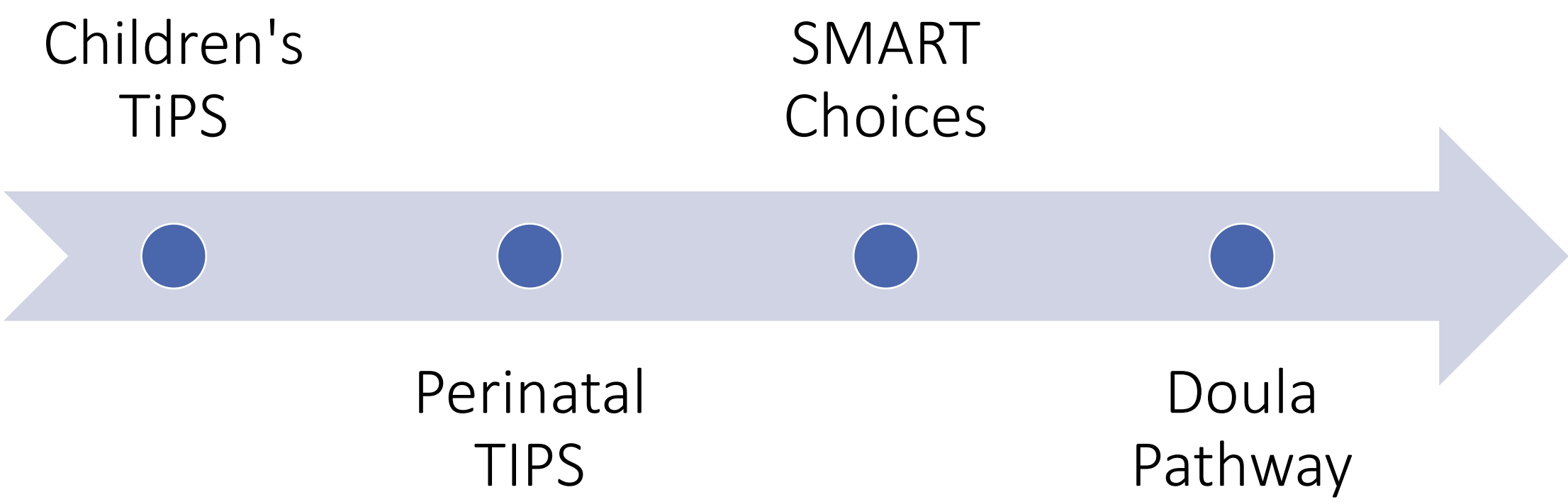
“I am a huge fan of the work you are doing and think many parents can benefit from it.”

“We are so grateful for all the support you gave us and while this is a long road, we go back to consult the materials you provided often.”

Overview of our programs

Children's TiPS	Perinatal TiPS	Doula Pathway	SMART Choices
Children and adolescents 0-21	Birthing people (pre-conception, pregnant, post-partum, pregnancy loss)	Doulas	Adolescents up to age 21 & their caregivers
Psychiatric access program for pediatric primary care providers	Psychiatric access program for primary care providers, OBs, and psychiatrists, APPs, and CNMs who care for the perinatal population	Education and access to support doulas caring for perinatal clients with behavioral health concerns	Family support program that helps caregivers learn skills that could positively influence their child's substance use behaviors

Care Coordination:
The thread that ties our programs together



PANEL

Questions for our speakers?

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Panel Questions

- In the era of ChatGPT and other AI tools, why do these programs matter?
- Discuss the role of consultation in the access program model.
- Describe how the Smart Choices program fills an unmet need.
- Describe how the Perinatal TiPS doula program fills an unmet need.

UPMC Perinatal TiPS Registration

TiPS Educational Series
Registration Form

Thank you!

1-844-WPA-TIPS
or 1-844-972-8477

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Continuing Education Information

Accreditation Statement:
In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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Other health care professionals: Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

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